

TOUGH STUFF

WHAT YOU NEED: Plastic tablecloth, paper towels, wet wipes, mixing bowls with cornstarch, pitcher of water, liquid measuring cup

WHAT YOU DO: • Spread the tablecloth down in your small group area. • Place the bowls of cornstarch on the tablecloth, and encourage kids to divide up and sit around the bowls.

- Ask a kid from each group to assist you in pouring one cup of water into their bowl.
- Ask another kid from each group to use his hands to mix up the water and cornstarch. After a few seconds, allow another kid to help
- Once it's all mixed up, encourage kids to play with the goo. • Remind them to keep their hands over the bowl so they don't spread the mess around.
- Talk about what happens to the goo when you squeeze it in your fist versus when you open your hand. • When you're finished, help kids clean their hands with the paper towels and wet wipes.

WHAT YOU SAY: "That was so cool! The goo was 'tough' when you squeezed it, but when you let go, it dripped back down into the bowl. Today we're learning to keep going even when it gets tough. Just like the goo was tough sometimes, things in our lives can get tough sometimes. Maybe you start out on a school project, and it seems easy enough, but as you work on it, it gets tougher. Or maybe you get tired in gym class or soccer practice and think it's impossible to keep going. You know what? It's probably not. With determination, you can keep going, and not only that, but the next time it might even be easier!" [Make It Personal] (Tell kids about a time when you kept going even when things got tough, and as you kept going, it actually got easier. Make sure to keep it appropriate and relevant for young kids.)